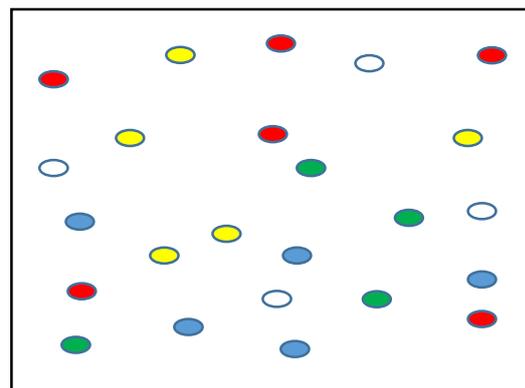


Warm up Ideas Fundamental Movements

Agility, Balance, Co-ordination, Running, Jumping

- mark out square 10 v 10
- movement in square (forwards/ backwards/ sideways)
- mobilise
- move in and out of cones
- touch cones, jump over cones, dodge cone
- cups and saucers
- lift cones for cars – gears
- Shamrocks and leprechauns
 - All the shamrocks' all have a cone each, select 4 players to be leprechauns. On whistle leprechauns catch the shamrocks, the shamrocks then go to coach to get a new cone. Leprechauns are playing against each other to see who catches the most shamrocks.
- Ice and sun
 - Select 2 players to have 'blue' cones they are ice, other 2 players have 'yellow' cone are sun. The 'ice' chase the group to freeze them. When frozen, 'sun' melts them to allow them to be free
- Tail Tag
 - Bib each, on signal pull out rest of players bibs. Last player with bib in wins
 - In partners, join right hands, using left hand pull out your partner tails
 - In 5's, last player has bib tucked in. Players 2-3 hold on to each on the waist, player 1 has to try and pull the bib out.



Balance and Strength

- Donkey Push
 - In pairs, place hand on each other's shoulders on signal, push partner backwards towards line
- Donkey Pull
 - In pairs, place hands on each other's elbows, on signal, pull partner towards the line behind yourself
- Rivers and bridges
 - In pairs, one player holds press-up position, other player crawls under the bridge 5 times
- Bear walk
 - Walking forward/backward out to a line on all fours
- One arm tug o war
 - Stand side by side with your inside arms locked at the elbow and near feet touching. The aim is to pull your partner over onto the other foot